



MANCHESTER HEALTH DEPARTMENT MONTHLY REPORT SUMMARY, APRIL 2006

PROGRAM LISTING:

**Arbovirus
Surveillance &
Control**

**Chronic Disease
Prevention**

**Communicable
Disease Control**

**Community
Epidemiology**

Dental Health

**Environmental
Planning and
Pollution Control**

Food Protection

HIV Prevention

IMMUNIZATIONS

**Institutional
Inspections**

**Lead Poisoning
Prevention**

**Public Health
Investigations**

**Public Health
Preparedness**

Refugee Health

School Health

**Sexually
Transmitted
Disease Control**

**Tuberculosis
Control**

Water Quality

**Youth Health
Promotion**

Immunization Program

Summary of Program: The decline in vaccine-preventable diseases is one of the ten most significant public health achievements of the 20th century. Immunizations prevent acute illness and long-term complications such as hearing loss, liver damage, paralysis and congenital defects that can result from vaccine-preventable diseases. Although illnesses such as measles and rubella are not as common today due to vaccines, the microbes have not disappeared. If vaccination rates were to drop, the diseases would re-emerge. As the City of Manchester is a designated refugee resettlement site, residents are in contact with persons from other countries where vaccination rates are often low. Although immunization rates have improved, many Manchester children continue to be at risk for vaccine-preventable diseases.

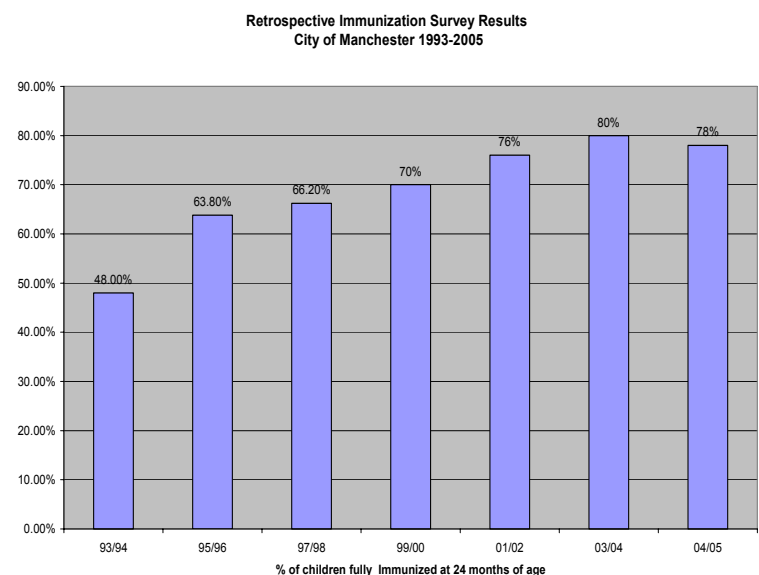
A team of six Community Health Nurses and one Public Health Specialist II provide services for the Manchester Health Department Immunization Program, amongst their other duties. The Immunization Program is multi-faceted and includes immunization clinical services for children and adults, an annual flu vaccine campaign, Immunization Clinics for Refugee Adjustment of Immigration Status, planning and implementing clinical services related to emergency preparedness, assessment activities within schools, childcare agencies and physician practices, leadership and collaboration with community coalitions charged with improving immunization rates through the life span and community education to increase immunization awareness for public and professional groups.

Summary of Activities: During Fiscal Year 2005, the Immunization Program:

- Provided 3,551 immunizations
- Provided 1,728 flu shots
- Provided 6,090 doses of flu vaccine to health care providers and long-term care facilities to assure that high-risk individuals had access to the flu vaccine during the 2004-05 flu vaccine shortage
- Assessed immunization rates at nineteen elementary schools, six childcare agencies and six physician practices

Program Notes and Trends: Although major achievements have been made to decrease the incidence of vaccine-preventable diseases, many Manchester children continue to be at risk. In the City of Manchester, more than 20% of toddlers may not be adequately vaccinated and in some areas close to 30% of children lack adequate vaccinations. Lower immunization rates continue to exist within racially and ethnically diverse neighborhoods and areas where many families earn an income at or below poverty level. Inadequate community immunization levels may indicate a lack of access to routine preventive health care. Vaccine coverage rates of at least 90% are needed to protect the public health.

In Manchester, access to vaccinations has been improved through expansion of clinical services, evening clinics and reminder/recall programs all of which are cost-effective and demonstrate strong evidence in improving vaccination rates. Coupled with assessments and education within schools, child care agencies and physician practices, the current strategies will assist in achieving an immunization rate of at least 90% by 2010.



Community Activities

Manchester Health Department Partners with the NH Foundation for Healthy Communities & Other Organizations to Prevent Heart Disease

On April 1, the Manchester Health Department hosted a kick-off event for the Community Prevention and Treatment Initiative's "Heart Smart ... One Step At A Time" Program. This effort is part of a statewide campaign, spearheaded by the NH Foundation for Healthy Communities, to develop a community health model which provides better prevention and treatment services for cardiovascular disease. Local partners include Catholic Medical Center, Dartmouth Medical Center-Manchester, Elliot Hospital, the Manchester Community Health Center, the NH Minority Health Coalition, the YMCA, the American Heart Association and the Manchester Health Department.



Participants start the program with cholesterol screenings, an educational presentation about cardiovascular health, and pedometers to track their progress as part of a community-based walking program. Of the communities that have participated in this program statewide, Manchester is the first to provide preventive health screenings with a community-based strategy that encourages participants to adopt heart-healthy lifestyles. During the next three months, these Manchester residents will work to increase their physical activity levels and modify their eating habits. Once completed, all participants will receive a follow-up health screening to measure the impact these changes have made on their cholesterol levels.

The Manchester Health Department encourages all residents to exercise at least 30 minutes per day, to eat more fruits and vegetables, less saturated fat and less trans fat foods, and to remain smoke free. For more information on the "Heart Smart ... One Step At A Time" Program, please contact the Manchester Health Department at (603) 624-6466.

Disease Notes

For the month of March, 15 reportable communicable diseases were investigated (excluding TB, STDs/ HIV, and other outbreak investigations). Seven were Chicken Pox (Varicella) and the others were VRE, Hepatitis A, Group B Streptococcus, and Pneumocystis pneumoniae. From <http://www.cdc.gov>: "Prior to the availability of varicella vaccine there were approximately 4 million cases of varicella a year in the U.S. Although varicella is frequently perceived as a disease that does not cause serious illness, especially among healthy children, many health care providers are not aware that 11,000 hospitalizations and 100 deaths occurred every year in the United States before varicella vaccine became available. The majority of deaths and complications occurred in previously healthy individuals." In persons who are immunocompromised varicella can be a devastating illness, and it can cause infection *in utero*. Moreover, there may be a way of preventing illness through VZIG IM if one is exposed and at high risk for complications. Therefore, reports of varicella need further investigation. In addition to disease investigations noted above, a long-term care facility was given technical assistance in the investigation and control of an influenza outbreak. We reviewed the recommended measures for controlling flu outbreaks in institutions, and we took the opportunity to commend the facility for its high rate of vaccination among residents as well as to emphasize the importance of yearly influenza vaccination among residents and personnel in general. Vaccination against influenza usually provides immunity against 3 strains of influenza. Every year, experts attempt to predict the 3 strains most likely to cause illness in the United States and base the vaccines on these. Flu viruses mutate often and this frequent change makes it necessary to reformulate the vaccine every year in order to provide the maximum protection. In general, improving the coverage of influenza vaccination among the elderly and healthcare personnel is very important. Occasionally, a strain of influenza may circulate in the community that was not included in those strains for which the vaccine provides immunity. The U.S. CDC monitors the frequency of influenza and of these non-vaccine strains. For more information, please go to <http://www.cdc.gov>. Regardless, annual flu vaccination is the best mechanism available to us to combat influenza infections.

2005 PUBLIC HEALTH EXCELLENCE AWARDS FOR FOOD SAFETY

The Manchester Board of Health has established a Public Health Excellence Award for Food Safety which is given out annually to those food service establishments that maintain high sanitary standards, comply with all applicable laws and regulations, and have staff who are certified in safe food handling.

The recipients of the 2005 Public Health Excellence for Food Safety Award are:

Beech Street School, Catholic Medical Center Cafeteria, D'Angelo's-1500 S. Willow St., Dunkin Donuts – 216 Elm St., Dunkin Donuts – 100 Eddy Rd., Dunkin Donuts/Baskin Robbins – 1022 S. Willow St., Easter Seals, Elliot Commons Senior Center, Freed's Bakery, Hackett Hill Health Care, Hannaford Food & Drug-201 John Devine Dr., Hannaford Food & Drug-859 Hanover St., Hesser College Café, Maple Leaf Health Care Center, Olive Garden Italian Restaurant, St. Teresa's Healthcare Center, Suddenly Susan's Gourmet Deli, Tinkers Seafood.

FOR MORE INFORMATION

Visit our website at <http://www.manchesternh.gov/CityGov/HLT/Home.html>, or call 624-6466